



CARDS FOR HOMEBOUND SENIORS

Let one of our Meals on Wheels homebound clients know that their community cares about them. Every year since 1970, our volunteers have made and distributed handmade cards! Especially now during the COVID-19 crisis, these cards can help lift spirits as many seniors are isolated and alone. Each month we pack a card into every client's meal that is safely delivered by one of our drivers. You will have fun tapping into your artistic side, plus you'll feel good knowing that you're making a difference in the lives of so many seniors in our community.

GUIDELINES

- Please DO NOT sign the cards, not even with your school or company name. It will confuse many of our senior clients.
- Please avoid irony, slang, puns or jokey cards. Think of simple, kind, sincere, and joyful messages and images.
- Please do not use any language that pertains to any religion. Our clients come from a broad range of cultures and many different religious beliefs.
- Cards should be small enough to fit into our delivery bags - see dimensions below: fold-over note cardstock (finished size: 4¼ in. x 5½ in.) or an 8½"x 11" piece of paper can be folded in half and in half again (for stability and a finished size of 4¼ x 5½).
- Do not use glitter, pompoms, or other types of decoration that can easily come off.
- We do NOT need envelopes for the cards.
- Some of our seniors have vision issues so please keep print large and avoid cursive.

PLEASE AVOID using phrases like: **"This too shall pass", "It will get better", "Smile"**

Birthday Cards:

Write "Happy Birthday" on the front of every card and a positive message on the inside.

Thanksgiving Cards:

Write "Happy Thanksgiving" on the front of every card and a positive message on the inside.

Winter Holiday Cards:

Write "Season's Greetings" or a similar greeting on the front of every card and a positive message on the inside.

Valentine's Day Cards:

Write "Happy Valentine's Day" on the front of every card and a positive message on the inside.

Thinking of You Cards:

Write "Thinking of You" or a similar greeting on the front of every card and a positive message on the inside, such as: "Have a Good Day", "Best Wishes", "Be well", "Someone is thinking about you and wishing you well, right now!" etc.

Additional positive and uplifting message examples are on page two.

Fill out the provided info sheet and include with cards before mailing or dropping off.



MAIL CARDS TO:

Meals on Wheels San Francisco
Attention: Maggie Shugerman
1375 Fairfax Ave., San Francisco, CA 94124

Have Questions? Contact Maggie Shugerman - Volunteer Coordinator
(415) 430-4180 or mshugerman@mowsf.org

BIRTHDAY CARD MESSAGES

- Hope your birthday's as terrific as you are!
- Have a fantastic birthday!
- May all your birthday wishes come true!
- Wishing you a special birthday!
- Have an awesome birthday!
- Warmest wishes on your birthday!
- Happy Birthday and all the best to you in the year to come!
- Birthday Cheers!

VALENTINE'S DAY CARD MESSAGES

- Sending you a smile on Valentine's Day!
- Hope your Valentine's Day is sweeter than candy!
- Wishing you a day full of happiness!
- Hoping today is a wonderful celebration for you, Happy Valentine's Day!
- Have a lovely Valentine's Day!
- Wishing you a smile filled Valentine's Day!
- Hope your day is full of Hugs, Love, and Laughter!
- May you feel a wealth of love this Valentine's Day!

WINTER HOLIDAY CARD MESSAGES

- Season's Greetings!
- Best wishes for a wonderful holiday season!
- Happy Holiday!
- Wishing you the gift of good cheer this holiday season!
- Holiday Cheer and Happy New Year!
- Best wishes for a holiday season filled with joy!
- Wishing you comfort, hope and joy for the holidays and always!
- Wishing you a warm and happy winter season!



INFO SHEET FOR CARDS

Contact Name: Date:

Group/Organization Name:

Address:

Email: Phone:

How many people participated:

Hour(s) spent card making:

Why did you/group create cards?

Type of Cards:

Quantity

Are you on social media? We like to thank our card makers!

Facebook

Twitter

Instagram

We truly are very thankful to all the homemade card makers! Our community of isolated seniors and adults with disabilities are so appreciative to receive the uplifting messages with their meals! Due to the overwhelming amount of cards that our staff has been receiving, we will post a collective THANK YOU each month on social media to all card makers vs. individually.